

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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A160 – PEAS, FROZEN, GREEN, 30 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better frozen peas with no additives except salt used during processing.
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields 29.4 lb (about 71$\frac{1}{8}$ cups) cooked, drained peas and provides about 287.7 $\frac{1}{4}$-cup servings cooked, drained vegetable. One lb AP yields 0.98 lb (about 2$\frac{3}{8}$ cups) cooked, drained peas and provides about 9.59 $\frac{1}{4}$-cup servings cooked, drained vegetable. CN Crediting: $\frac{1}{4}$ cup cooked, drained green peas provides $\frac{1}{4}$ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened frozen green peas in the freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened thawed green peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Peas, green, cooked, drained, without salt

	$\frac{1}{4}$ cup (40 g)	$\frac{1}{2}$ cup (80 g)
Calories	31	62
Protein	2.06 g	4.12 g
Carbohydrate	5.70 g	11.41 g
Dietary Fiber	2.2 g	4.4 g
Sugars	1.86 g	3.72 g
Total Fat	0.11 g	0.22 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.63 mg	1.26 mg
Calcium	10 mg	19 mg
Sodium	29 mg	58 mg
Magnesium	9 mg	18 mg
Potassium	44 mg	88 mg
Vitamin A	840 IU	1680 IU
Vitamin A	42 RAE	84 RAE
Vitamin C	4.08 mg	7.9 mg
Vitamin E	0.01 mg	0.02 mg

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Frozen peas can be cooked without thawing. • STOCKPOT OR STEAM-JACKETED KETTLE: Add frozen green peas to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain. • STEAMER: Place a single layer of frozen green peas in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil. • Cook frozen vegetables only until tender but crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen green peas to serve soon after cooking. • Batch cook vegetables just before serving to improve quality.
USES AND TIPS	<ul style="list-style-type: none"> • Serve frozen green peas cooked or use in soups, salads, and main dishes. Serve with small new potatoes, pearl onions, and/or turnips. Combine green peas with carrots, dill seed, or onions and chopped pimento.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze green peas.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.